

# YOUR HEALTH & WELL BEING



CIGNA HealthCare  
A Business of Caring.



## Healthy Gums May Lead to a Healthier You

Regular visits to the dentist may do more than brighten your smile. Research has linked periodontal (gum) disease to complications for heart disease, stroke, diabetes, pre-term birth and other health issues.

### GUARD YOUR HEART

People with advanced gum disease may be more likely to have heart disease than those with healthy gums. Bacteria from the gum tissues may enter the blood stream, causing small blood clots that may contribute to the clogging of arteries. Clots in the coronary arteries can lead to heart attacks – and a blood clot in the brain can cause a stroke. So caring for your gums may also help guard your heart.

### CONTROL BLOOD SUGAR

If you have diabetes, you also may have more complications with gum disease. As a general rule, diabetics have a tougher time healing and suffer a greater tooth loss than people without the condition. One study found that when diabetics' gum infections were treated, they also found it easier to manage their blood sugar. So good dental health may be linked to a reduced risk of diabetic complications.



### PROTECT YOUR BABY

Mom's gum disease may increase the probability of a pre-term birth. Pregnant women with chronic gum disease during the second trimester are up to seven times more likely to give birth prematurely. It's recommended that pregnant women focus on brushing and flossing and getting regular dental check-ups. Protecting your baby is another reason to protect your dental health.

## Xylitol: A Sweet Treat for Your Smile

Now, something as easy as chewing a piece of gum can help fight cavities. Clinical studies have shown that products containing the sugar substitute xylitol may actually reduce cavities.

And through CIGNA's Healthy Rewards® program, members can have their sweet tooth and treat it, too. Members enrolled in CIGNA medical, dental and behavioral health plans can receive a 25 percent discount on Epic Dental xylitol-sweetened products, includ-

ing gum, mints, toothpaste and mouthwash.

Carbohydrates found in sugary foods like cookies and candy and in starches like pretzels and potato chips can stick to teeth, leading to tooth decay. And while brushing, flossing and regular visits to the dentist continue to be keys to maintaining good oral health, xylitol dental care products are a convenient and easy way to help fight tooth decay.

For more information, visit [myCIGNA.com](http://myCIGNA.com) or call CIGNA Dental Member Services.

### Did You Know?

Did you know that the CIGNA Healthy Rewards® program includes at least a dozen programs, all offering savings of up to 60 percent off complementary and alternative care services. And it's still growing. To take advantage of the savings, all you have to do is use participating Healthy Rewards providers. Visit [myCIGNA.com](http://myCIGNA.com) for more information.

# I Have a Question!

*Working with CIGNA HealthCare to get the help and information you need*

As a CIGNA HealthCare member, you have several convenient ways to get the answers you need. To know which resource is right for your inquiry, here's a summary of how each resource can help.

**cigna.com** offers a wealth of health information and descriptions of the programs and services available to you.

- Locate participating primary and specialty care doctors, dentists, pharmacies and hospitals.
- Get explanations of common health and dental care terms.
- Learn about benefits and services, including the specific benefits your local CIGNA HealthCare health plan offers.
- Search for your covered medications on our online drug list, and order medication refills (if you use CIGNA Tel-Drug services and have refills remaining).
- Read online versions of our wellness publication, *Well-Being*.

**myCIGNA.com** provides both secure, online access to your personal health benefits information and tools to help you make more informed decisions about your health or your family's health.

- Access your personal plan information, including claim data.
- Order a new ID card.
- View a provider database with educational background, languages spoken and office directions.
- Take a health risk assessment to help monitor your health status.

- Compare medical facilities and more than 50 surgical and medical procedures.
- Learn about drugs and potential interactions, and compare the drugs used to treat the same condition.
- Use an interactive health library with more than 5,000 topics.

**CIGNA HealthCare 24-Hour Health Information Line<sup>SM</sup>** offers assistance to members 24 hours a day, seven days a week when they call the toll-free number – 1.800.CIGNA24.

- Speak one-on-one with a registered Health Information Nurse for personal attention and information.
- Listen to informative audio recordings from a library with hundreds of helpful health and fitness topics.

**CIGNA HealthCare Member Services** is a phone call away at the toll-free number on your CIGNA HealthCare ID card.

- Ask a question about your specific benefits coverage.
- Inquire about the status of a claim.
- Locate a participating physician, pharmacy or hospital, or request a Provider Directory.
- Learn about a physician's background or practice.
- Replace an ID card or request additional cards.
- Let us know how we can better serve you.

## Your Company's Benefits

**Manager** knows the details of your company's benefit plans.

- Learn more about the specific coverage details of your plan.
- Make changes to your personal or family coverage.

Still unsure of where to turn? Call CIGNA HealthCare at the toll-free number on your ID card. We're here to help.



## Did You Know?

Protection is powerful, and the American Dental Association suggests the following behaviors to help prevent gum disease:

- Brush your teeth twice a day with a soft-bristle toothbrush.
- Floss daily.
- Eat a healthy diet and limit snacks between meals.
- See your dentist regularly.

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